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Front Lines

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Year Of … Hot Peppers

Jennifer Polanz



In this space we'll highlight each of the National Garden Bureau's (NGB) Year Of … plants. These plants are chosen because they're easy to grow, popular, genetically diverse, widely adaptable and versatile. GO HERE *for free downloadable promotional materials, growing tips and more.*

Pepper Buffy from Known-You Seed America Corporation produces a mighty kick at 500,000 Scoville units. It produces juicy, thick-walled green to red fruits that are held high on a strong, upright plant, adding ornamental value. A 2022 All-America Selections winner.

I have my own personal journey with hot peppers that involves a Hungarian wax pepper and my 4-year-old overly confident self, but that's a story for another time. While there are upwards of 30 known species of hot peppers, NGB says there are five typically cultivated and consumed: *C. annuum, C. chinense, C. baccatum, C. frutescens* and *C. pubescens*.

Here are a few fun facts from NGB you can use to promote your selection this year with "Did You Know" signage:

- Hot peppers are rich in vitamins like A and C, and may offer health benefits like boosted metabolism and reduced inflammation.
- Chili peppers were first cultivated in Mexico and are now grown in many countries around the world and are used in many cuisines.
- The world's hottest pepper is Pepper X at 2,693,000 Scoville Heat Units. **GP**